[0043] What is claimed as new and desired to be protected by Letters Patent of the United States is:

1. A storage stable, essentially sugar-free, oral pharmaceutical composition, comprising a therapeutically effective amount of a piperidine antihistamine, a viscosity imparting agent, a preservative, a buffer to control pH to about 2 to about 4, and water, wherein said composition does not contain an aminopolycarboxylic acid.

2. The pharmaceutical composition of claim 1, wherein said antihistamine is selected from the group consisting of loratadine, descarboethoxyloratadine, and azatadine.

3. The pharmaceutical composition of claim 2, wherein the viscosity-imparting agent is selected from the group consisting of hydroxyethyl cellulose, methyl cellulose, sodium carboxymethyl cellulose, microcrystalline cellulose, hydroxypropyl cellulose, hydroxypropyl methylcellulose, gelatin, polyethylene glycol, and a water-soluble carboxyvinyl polymer.

4. The pharmaceutical composition of claim 1, further comprising a sweetener.

5. The pharmaceutical composition of claim 4, wherein the sweetener is sodium saccharin.

6. The pharmaceutical composition of claim 4, wherein the sweetener is selected from the group consisting of malitol and sorbitol.

7. The pharmaceutical composition of claim 1, wherein the preservative is selected from the group consisting of parabens, propyl-p-hydroxybenzoates, sorbic acid, and sodium benzoate.

8. The pharmaceutical composition of claim 1, wherein the preservative is selected from the group consisting of methylparaben, butylparaben, and propylparaben.

9. The pharmaceutical composition of claim 1, wherein the buffer is selected from the group consisting of tartaric acid and citric acid.

10. The pharmaceutical composition of claim 1, further comprising a co-solvent.

11. The pharmaceutical composition of claim 1, further comprising a co-solvent selected from the group consisting of glycerin, polyethylene glycol, ethyl alcohol, and propylene glycol.

12. The pharmaceutical composition of claim 1, further comprising a flavoring agent.

13. The pharmaceutical composition of claim 1, wherein the composition comprises a degradation product in an amount up to about 0.1% of the antihistamine after 8 weeks at 60°C.

14. The pharmaceutical composition of claim 13, wherein the composition comprises a degradation product in an amount of up to about 0.1% after 12 weeks at 60°C.

15. The pharmaceutical composition of claim 1, further comprising a therapeutically effective amount of a pharmaceutically active compound selected from the group consisting of a decongestant, an analgesic, an antitussive, and an expectorant.

16. A pharmaceutical composition comprising 76 ml purified water, 0.450 g hydroxypropyl methylcellulose, sodium saccharin, 0.1 g sodium benzoate, 0.85 citric acid, 9 ml glycerin, 9.1 ml propylene glycol, and 0.1 g loratadine, wherein said composition does not contain an aminopolycarboxylic acid.

17. A method of treating allergic reactions in a mammal comprising administering to said mammal an anti-allergic effective amount of a pharmaceutical composition as defined in claim 1.

18. The method of claim 17, wherein the mammal is a human.

19. The method of claim 17, wherein the administration is oral.

20. The method of claim 17, wherein the antihistamine is loratadine.

21. The method of claim 17, wherein the allergic reaction is seasonal allergic rhinitis.

22. A method of treating mental disorders in a mammal comprising administering an effective amount of a pharmaceutical composition as defined in claim 1.

23. The method of claim 22, wherein the mental disorder is selected from the group consisting of depression, alcoholism, weight management disorders, social disorder, impotent/sexual dysfunction, panic, and obsessive/compulsive disorder.

24. A method of treating vascular disorders in a mammal comprising administering an effective amount of a pharmaceutical composition as defined in claim 1.

25. The method of claim 24, wherein the vascular disorder is selected from the group consisting of migraines, stroke, orthostatic hypotension, gastrointestinal stasis, nausea, dizziness, and jet lag.